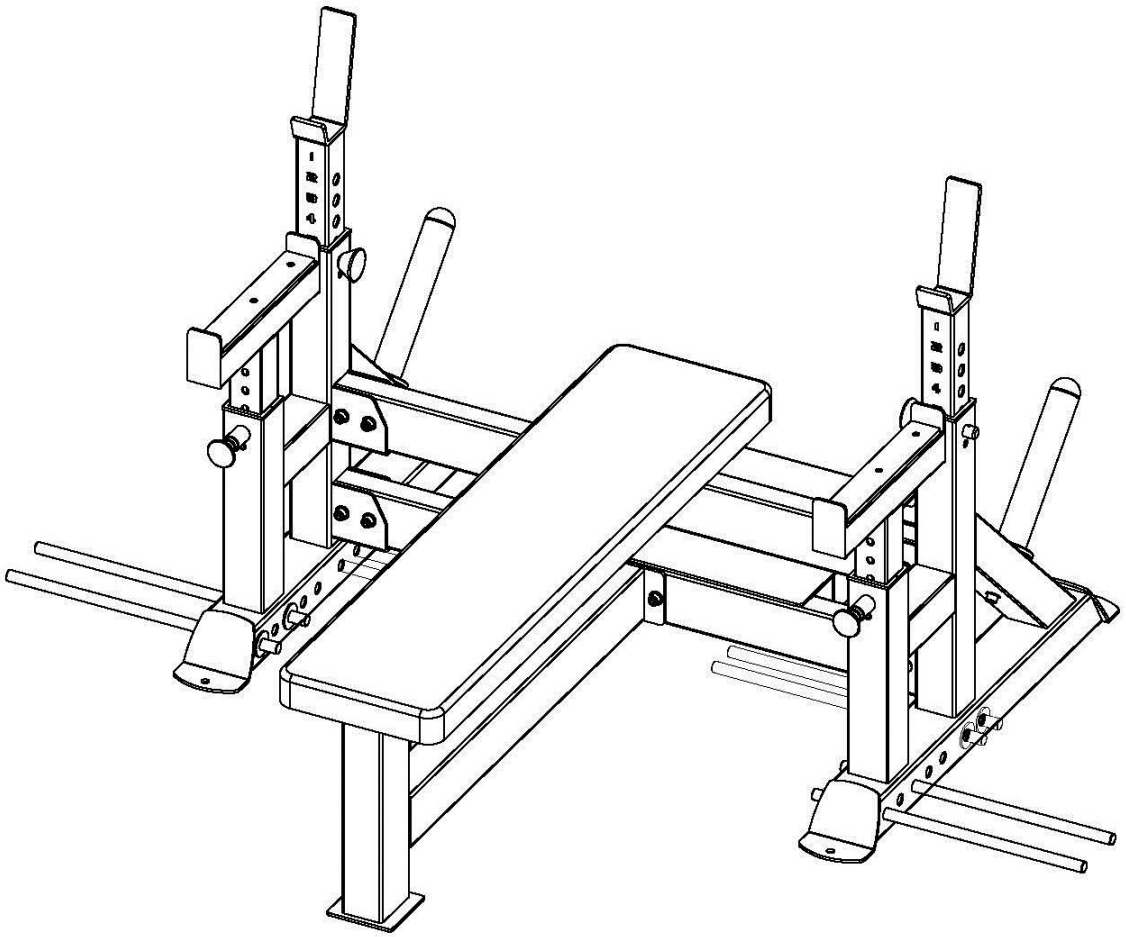
OWNER'S MANUAL F-HDOB

Heavy Duty Olympic Bench



CAUTION!

Read all precautions and instructions in this manual before using this equipment.

ASSEMBLY MANUAL

FORCE USA HEAVY DUTY OLYMPIC BENCH

BEFORE YOU START

Remove all parts from the packaging and separate and count each various component to ensure everything has been correctly provided.

Follow the instructions and consult both the individual assembly pages and the overall expanded views of the equipment.

Certain parts may arrive pre-assembled from the factory.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

SAFETY PRECAUTIONS

- Highly recommended for two or more people to assemble the equipment to avoid injury.
- Assemble the equipment on a flat level surface.
- Consider placing a mat under the equipment to protect your floor.
- Wear appropriate footwear and clothing during assembly and use.
- Only tighten nuts and bolts by hand until the whole equipment is assembled
- Ensure you correctly orientate each piece before attaching
- Do not allow children and pets to be unsupervised around the assembly or usage of this equipment.
- Ensure all parts are in full working order before use.
- Only one person should use the machine at any one time.
- Do not use the equipment outdoors or around water.
- Keep hair, fingers or clothing away from moving parts.
- Only use attachments recommended by the manufacturer.
- Never operate if any parts are not functioning correctly.
- Always correctly stretch and warm up before using the equipment.
- **Stop immediately** if your experience any pain, dizziness or nausea. See a doctor at once.

PLEASE NOTE: Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

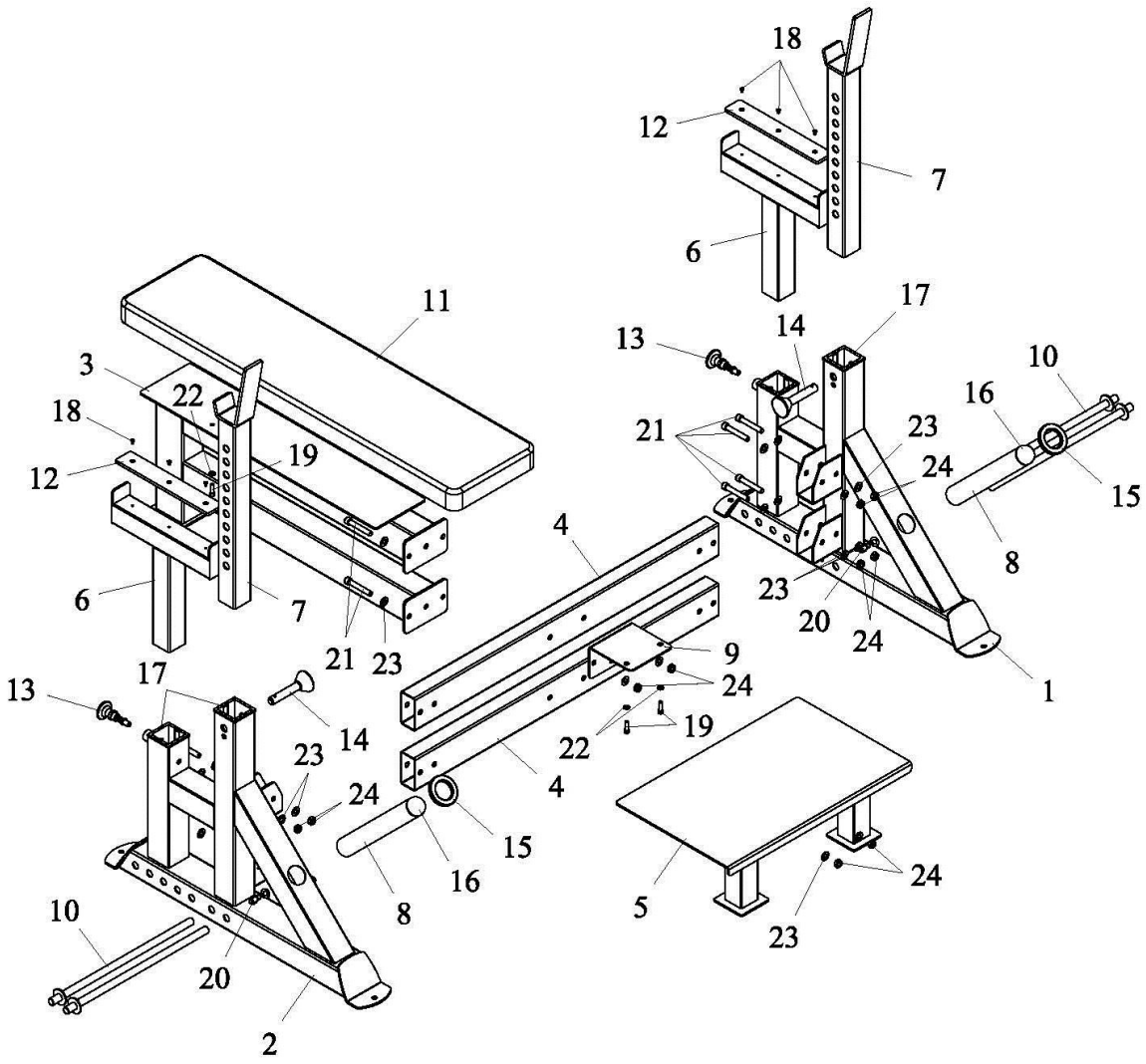
BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS.

READ ALL INSTRUCTIONS BEFORE ASSEMBLING OR USING ANY FITNESS EQUIPMENT.

FORCE USA FITNESS EQUIPMENT ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

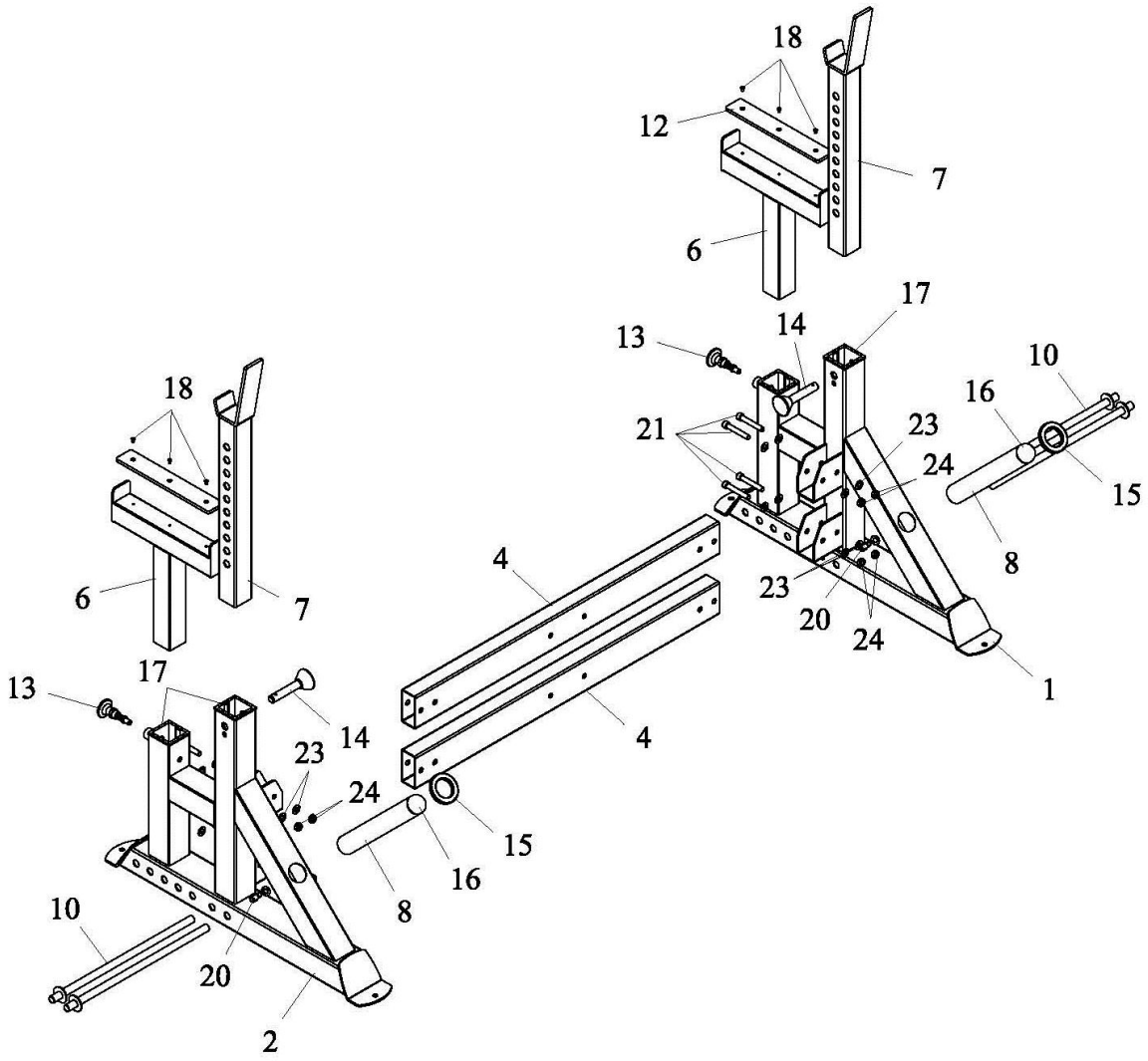
EXPLODED DIAGRAM



NUMBER	DESCRIPTION	Q'TY
1	LEFT UPRIGHT	1
2	RIGHT UPRIGHT	1
3	MAIN FRAME	1
4	JOINT SUPPORT	2
5	REAR FRAME	1
6	FRONT BARBELL SUPPORT	2
7	BARBELLSUPPORT	2
8	OLYMPIC PLATE BAR	2
9	REAR CUSHION SUPPORT	1
10	HOLDER	4
11	CUSHION	1
12	NYLON PLATE	2

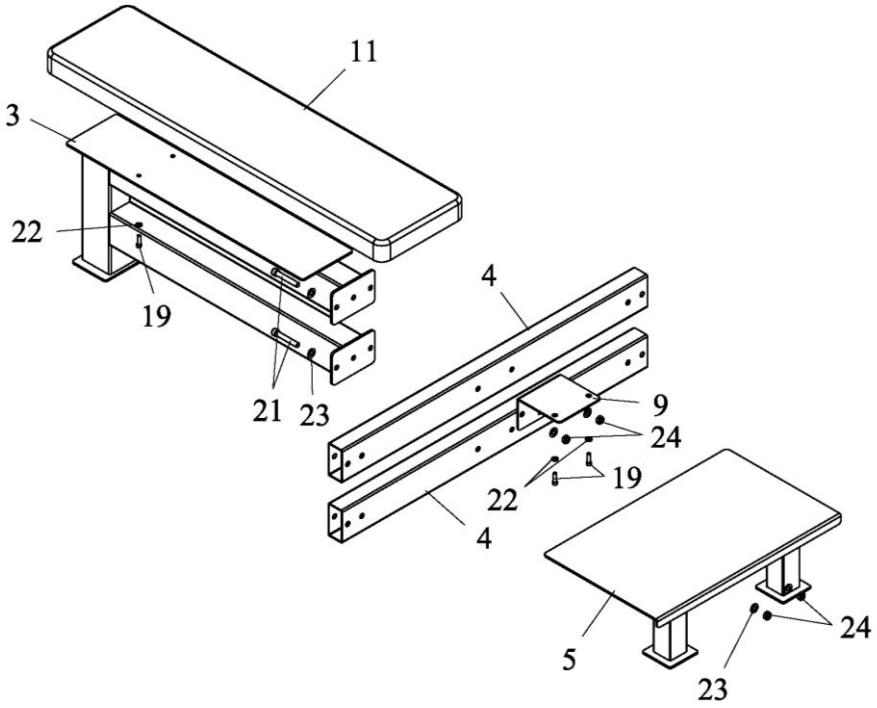
NUMBER	DESCRIPTION	Q'TY
13	FAST PIN	2
14	PIN	2
15	RUBBER BUMPER	2
16	ROUND PLUG	2
17	SQUARE BUSHING	4
18	M5*16 SOCKET SCREW	6
19	M8*25 SOCKET CAP SCREW	4
20	M12*30 SOCKET CAP SCREW	2
21	M12*80 SOCKET CAP SCREW	12
22	8MM WASHER	4
23	12MM WASHER	26
24	M12 LOCK NUT	12

STEP 01

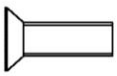


1. Attach JOINT SUPPORT (4) to LEFT and RIGHT UPRIGHT (1, 2) using eight SCREWS M12*80 (21), sixteen WASHERS 12MM (23) and eight LOCK NUTS M12 (24).
2. Insert OLYMPIC PLATE BAR (8) into hole on the rear support of LEFT and RIGHT UPRIGHT (1, 2), secure with two SCREWS M12*30 (20) and two WASHERS 12MM (23).
3. Insert BARBELL SUPPORT (7) into high port of LEFT and RIGHT UPRIGHT (1, 2), choose proper height and secure with PIN (14).
4. Insert FRONT BARBELL SUPPORT (6) into lower port of LEFT and RIGHT UPRIGHT (1, 2), choose proper height and secure with FAST PIN (13).
5. Insert HOLDER (10) into hole on the base of LEFT and RIGHT UPRIGHT (1, 2).

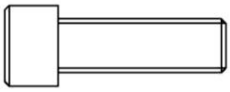
STEP 02



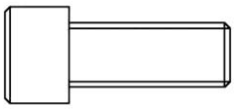
1. Attach MAIN FRAME (3) and REAR CUSHION SUPPORT (9) to top JOINT SUPPORT (4) using two SCREWS M12*80 (21), four WASHERS 12MM (23) and two LOCK NUTS M12 (24).
2. Attach MAIN FRAME (3) and REAR FRAME (5) to bottom JOINT SUPPORT (4) using two SCREWS M12*80 (21), four WASHERS 12MM (23) and two LOCK NUTS M12 (24).
3. Attach CUSHION (11) to MAIN FRAME (3) and REAR CUSHION SUPPORT (9) using four SCREWS M8*25 (19) and four WASHERS 8MM (22).



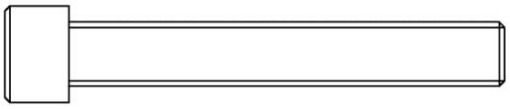
#18 M5 × 16 Socket Head Screw (Qty 6)



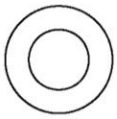
#19 M8 × 25 Socket Cap Screw (Qty 4)



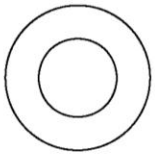
#20 M12 × 30 Socket Cap Screw (Qty 2)



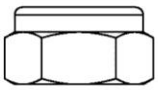
#21 M12 × 80 Socket Cap Screw (Qty 12)



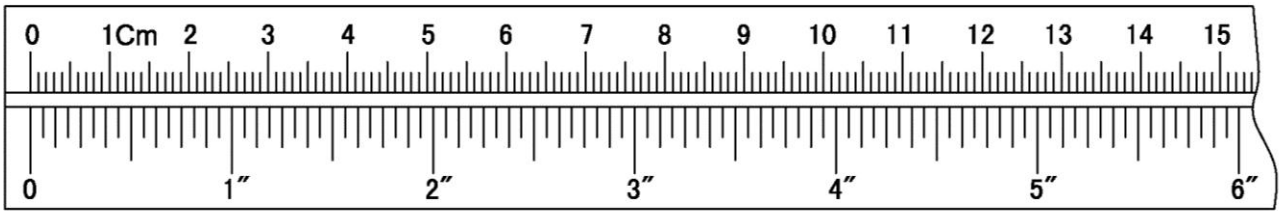
#22 Washer 8 (Qty 4)



#23 Washer 12 (Qty 26)



#24 M12 Lock Nut (Qty 12)



WARRANTY

LIFETIME WARRANTY ON FRAME
2 YEAR WARRANTY ON MOVING PARTS (Such as cables and pulleys)

Force USA, the Trusted Name in Strength Equipment™ was designed to be the best value strength equipment for home use and proudly set the benchmark for our home use equipment around the world. Offering one of the best warranties on the market for your peace of mind, each piece of Force USA strength equipment is hand crafted for quality and we use state-of-the-art production methods for our entire range. The Force USA range of strength equipment carries a Lifetime Structural Warranty along with 2 years cover on all cables and pulleys. This warranty applies to first owners and does not cover second hand equipment or re-sold equipment. This Force USA warranty covers only failures due to defects in structural, cables and pulleys and workmanship that occur during normal home use. It will not cover damage that occurs in transport/delivery or failure due to misuse, abuse, neglect, mis-application, alteration or improper assembly of the product. This warranty does not cover the use or failure of equipment in studio commercial applications. The replacement or repair provided for under the Force USA warranty is the responsibility of the user and the customer will be responsible for any freight charges applicable. Force USA will not be liable for any consequential damages or for breach of any implied warranty on the range of Force USA strength equipment. Force USA reserves the right to provide reconditioned parts and/or to request a return and repair existing defective parts on the Force USA product.

VorTex by Force USA is a commercial grade upholstery used for all Force USA equipment. We use a high grade commercial vinyl with rip-stop mesh backing which helps prevent rips and tears. Force USA, the Trusted Name in Strength Equipment™ was designed to be the best value strength equipment for home use and proudly set the benchmark for our home use equipment around the world.